Daily Offerings:
Whole Grain Mini Waffle, Pancakes, Cini Minis, Apple Frudel

Variety of Whole Grain Muffins with Cheese Stick

Variety of Whole Grain/Reduced Sugar Cereal Bars with Cheese Stick

Whole Grain Bagel Breakfast

All Complete Meals Must Include a Choice of:
Fresh Fruit/Vegetable or 100% Juice

And May Include:
1% Low Fat Milk or Skim Milk

November 2026
Pequenakonk School
Breakfast Menu

MON	TUES	WED	THURS	FRI
2 Whole Grain Bagel with Cream Cheese Fresh Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	3 Whole Grain Mini Cinnamon Roll Fresh Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice	4 Whole Grain Cereal Bar & Cheese Stick Fresh Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice	5 Whole Grain Mini Waffles Fresh Apple 8oz Milk1% or Skim Milk 100% Fruit Juice	6 Whole Grain Muffin & Cheese Stick Fresh Pear 8oz Milk1% or Skim Milk 100% Fruit Juice
9 Whole Grain Bagel with Cream Cheese Fresh Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	10 Whole Grain Mini Cinnamon Roll Fresh Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice	11 **Veterans Day School Closed** 	12 Whole Grain Mini Waffles Fresh Banana 8oz Milk1% or Skim Milk 100% Fruit Juice	13 Whole Grain Muffin & Cheese Stick Apple Sauce Cup 8oz Milk1% or Skim Milk 100% Fruit Juice
16 Whole Grain Bagel with Cream Cheese Fresh Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	17 Whole Grain Mini Cinnamon Roll Fresh Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice	18 Whole Grain Cereal Bar & Cheese Stick Fresh Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice	19 Whole Grain Mini Waffles Fresh Banana 8oz Milk1% or Skim Milk 100% Fruit Juice	20 Whole Grain Muffin & Cheese Stick Apple Sauce Cup 8oz Milk1% or Skim Milk 100% Fruit Juice
23 Whole Grain Bagel with Cream Cheese Fresh Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	24 Whole Grain Mini Cinnamon Roll Fresh Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice	25 Whole Grain Mini Waffles Fresh Orange 8oz Milk1% or Skim Milk 100% Fruit Juice	26 **Thanksgiving Recess School Closed**	27 
30 Whole Grain Bagel with Cream Cheese Fresh Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice				

Powering potential.

Breakfast Price
Student's First Breakfast:
Free
Milk, Juice or Fruit
$1.00

Adult Breakfast
$3.05 + tax

Food Service Director
Kaycee Czyzak
foodservice@northsalemschools.org
914-669-5414 ext 2030

Menus are subject to change.



****Need to add money to your child's account**

*Log on to – MySchoolBucks.com **Or**
*Pay by check **or** cash

Consuming raw or uncooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. If you have questions or would like additional information please contact your food service director at 914-669-5414 ext 2030.

aramark STUDENT NUTRITION

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STUDENT NUTRITION

November 2026 Lunch Pequenakonk



Food Service Director
Kaycee Czyzak
foodservice@
northsalemschools.org
914-669-5414 ext 2030

Student First Lunch Free

Adult Lunch $5.50 + tax

8oz low-fat Milk and 100% juice offered with all meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **WG Popcorn Chicken with WG Breadstick Or WG Pizza Crunchers** Baked French Fries Carrot Coins Fresh Apple	3 **Nachos** **Ground Beef Tortilla Chips, Shredded Cheddar & Salsa Or Turkey Hot Dog On WG Bun,** Roasted Garbanzo Beans Mexicali Corn Fresh Pear	4 **Macaroni & Cheese with WG Breadstick or WG Cheese Quesadilla** Roasted Broccoli Cucumber Slices Fresh Pear	5 **Brunch For Lunch** **WG French Toast Sticks & Turkey Sausage Or Grilled Cheese WG Bread** Tater Tots Red Pepper Strips Fresh Banana	6 **Fresh Baked WG Cheese or BBQ Chicken Pizza** Romaine Salad Roasted Cauliflower Apple Sauce Cup
9 **WG Chicken Tenders w/WG Breadstick Or Cheese Stuffed WG Breadstick with Marinara** Cucumber Slices Carrot Coins Fresh Apple	10 **Beef or Cheeseburger on WG Bun Or Chicken Patty on WG Bun** Baked French Fries BBQ Vegetarian Beans Fresh Orange	11 **VETERANS DAY** **NO SCHOOL**  Veterans Day	12 **Brunch For Lunch** **WG Pancakes & Turkey Sausage Or WG Mini Corn Dogs** Tater Tots Celery Sticks Apple Sauce Cup	13 **Fresh Baked WG Cheese or Pepperoni (pork) Pizza** Romaine Salad Steamed Green Beans Fresh Pear
16 **Chicken Patty On Whole Grain Bun or Turkey Hot Dog On Whole Grain Bun** Baked French Fries Roasted Broccoli Fresh Apple	17 **Tacos** Ground Beef on WG Soft Shell Tortilla w/ Salsa & Shredded Cheddar Or WG Been & Cheese Burrito Red Pepper Strips Cucumber Slices Fresh Pear	18 **Orange Chicken** **WG Popcorn Chicken w Fried Rice Or WG Cheese Quesadilla** Sweet Corn Black Beans Fresh Pear	19 **Brunch For Lunch** **WG Waffles & Turkey Sausage Or Grilled Cheese WG Bread** Baked Sweet Potato Fries Red Pepper Strips Fresh Banana	20 **Fresh Baked WG Cheese or Chicken Meatball Pizza** Romaine Salad Roasted Cauliflower Fresh Strawberry
23 **Spaghetti w/Chicken Meatballs in Marinara Sauce & Dinner Roll Or Grilled Cheese On WG Bread** Cucumber Coins Steamed Carrots Fresh Pear	24 **Fresh Baked WG Cheese or Pepperoni (pork) Pizza** Romaine Salad Steamed Green Beans Fresh Pear	25 **EARLY RELEASE** **BREAKFAST ONLY**	26 **THANKSGIVING DAY**  THANKS GIVING 2026 HAPPY Thanksgiving	27 **NO SCHOOL**
30 **Chicken Patty On Whole Grain Bun or Beef Hot Dog On Whole Grain Bun** Baked French Fries Roasted Broccoli Fresh Apple				 HAPPY FALL

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PURPLE REIGN

Purple can be viewed as an indicator that you are eating foods with a powerful array of health benefits. Fruits and vegetables of this color are rich in anthocyanins, which give foods with their unique color and may benefit brain health, help lower inflammation, and fight cancer and heart disease. In addition to anthocyanins, purple produce offers several other key vitamins and nutrients. Purple powerhouses you should add to your diet include blackberries, boysenberries, cherries, and purple cabbages.

DISCOVER: PLUM



Look out for plum perfection this month. In season late April through October, plums are a juicy snack brimming with vitamins A and C, calcium, and potassium.



PURPLE CAULIFLOWER: Brimming with vitamin C, potassium & fiber
Peak Season: Dec. - Feb.



CONCORD GRAPES: Bursting with manganese, vitamin K, & anthocyanins
Peak Season: Sep. – Oct.



EGGPLANT: Full of fiber, folate, & antioxidants
Peak Season: Jul. – Oct.

CHALLENGE OF THE MONTH: CABBAGE COLOR KIT



Transform white fabrics into natural purple and blue tones straight from the cabbage patch! After gathering the materials, follow the directions below.

DIRECTIONS: Bring water to a boil with the chopped cabbage.* Reduce heat and simmer for 20 minutes. Strain and transfer only liquid back to pot. Add damp fabric and simmer 10–20 minutes. Rinse, or leave in bath overnight and rinse with hot water until water runs clear. Dry. Heat set by ironing for 5 minutes.



MATERIALS:

- White clothes to dye
- **1** large pot
- **1** strainer
- **2** cups of chopped red cabbage
- **5** cups of water

Choose one or the other:

- **2** tablespoons of apple cider vinegar for purple

OR

- **1** teaspoon of baking soda for blue

Tie rubber bands around different parts of the shirt beforehand to create patterns!

*DO NOT attempt cook or chop without adult supervision.



ACE'S RECIPE OF THE MONTH:

CREAMY PURPLE BERRY SMOOTHIE*

Serves 2



INGREDIENTS:

- 1/2 cup of pomegranate juice
- 1 tablespoon of honey
- 3 ounces of silken firm tofu (about 1/2 cup)
- 1 cup of frozen unsweetened mixed berries
- 1 cup of frozen unsweetened strawberries
- Whip cream (optional)

PREPARATION:

1. Place all ingredients in a blender, cover, and blend thoroughly.
2. Pour into two cups, add whip cream if you want, and enjoy!



*DO NOT attempt cook or chop without adult supervision.

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